

*US Embassy,
Dushanbe*

Welcome Guide



2011

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Welcome

As an emerging 21st Century nation Tajikistan is a fascinating place to live and work. It is a small country, bordered by Afghanistan to the south, China to the east, and two of Tajikistan's fellow CIS countries, Uzbekistan and Kyrgystan, along its western and northern borders. Tajikistan was part of the Soviet Union, and the members of the U.S. Embassy in Dushanbe, Tajikistan, have a unique opportunity to see — and to influence — Tajikistan's evolution from a tightly controlled Soviet territory into an independent country.

Tajikistan's capital, Dushanbe, is located in the extreme west of the country, about a one-hour drive from the border with Uzbekistan. Dushanbe was formed in 1922, when three small settlements of 5,000 people were united. It became the capital when Tajikistan became an autonomous republic in 1924. The city lies in a sheltered river valley at 2,300 feet above sea level, below the Hissar Mountains. The Varzob and Kofarnihon Rivers flow through Dushanbe. Winter in Dushanbe sometimes can be very cold (winter of 2007/8) with temperatures well below -10 degrees °F. It is not uncommon for water pipes to freeze, electricity to be rationed and unavailable, and for both the Embassy and private residences to run for prolonged periods by generators. Spring is generally mild and rainy, while Tajik summers are very hot and dry, with temperatures in some areas well over 100 °F. Autumn weather is generally pleasant and dry. In all seasons, temperatures can vary considerably during the course of the day.

Now a city of 700,000 Dushanbe at its center retains the atmosphere of the original planners in the 1920s — wide, tree-lined streets with mostly low-rise apartment houses and office buildings painted white or pastel colors. Traffic has increased as has the number of pedestrians. Because of the trees, walking or bicycle riding can be fairly pleasant much of the year, though complicated by dangerous and erratic drivers.

We hope that the information presented in this booklet will help you settle in quickly and comfortably. Every effort is made to keep this booklet up to date and relevant to the needs of Embassy personnel. But because things can change quickly in Dushanbe, we do recommend that, whenever possible, you call before setting out so that you won't be disappointed. Please let the Community Liaison Office know of any corrections so that the necessary updates can be posted promptly.

We wish that your stay will be a rewarding and unique experience in Dushanbe, Tajikistan!



Photo taken by Ambassador Huddle

Welcome to the Community Liaison Office

Office Hours: Monday to Friday 8 a.m. – 5 p.m.

E-mail address: CLODushanbe@state.gov

Telephone: 992-37-229-2115 (office)

CLO Coordinator: Elena Stevens 98-580-9036 (cell)

The Community Liaison Office (CLO) at Embassy Dushanbe provides services to all U.S. personnel and family members at the Mission. The CLO office works to enhance post morale and identify the needs of the community and respond with services, information and referral. The CLO Coordinator advises post management on community matters, serving as a resource and an advocate for employees and family members at post.

Areas where the CLO can help you:

Welcoming & Orientation

- Sponsor program
- Post welcome activities
- Official post orientation program

Events Planning

- U.S traditions/ Host country culture
- Social, educational and recreational activities
- Volunteerism through community outreach
- Seminars and workshops at post

Education Liaison

- Liaison with schools used by post families
- Information and referral service on educational options available to employees and family members
- Information on overseas schools, boarding schools, education allowances, special needs resources, home schooling, distance learning, adult education opportunities, child care issues

Employment Liaison

- Employment opportunities within the Mission and on the local economy
- Career planning workshops and employment seminars
- Employment resources within the Department of State
- Summer Hire Program

Crisis Management & Security Liaison

- Representation of interest and concerns of community members when security or crisis situation arise
- Security briefings, contingency planning seminars to ensure preparedness
- Evacuation regulations and allowances

Guidance and Referral

- Confidential support to individuals and groups within the community (divorce, spouse/child abuse, adoption, death, mental health).

The CLO office manages the **movie library** for Embassy Dushanbe. Please come by the CLO office to check out DVD and VHS movies. The office also has a small **resource library** of publications on issues relevant to our post environment. Please see the Family Liaison Office's (FLO) publications program at <http://hrweb.hr.state.gov/flo/publications.html> for papers and books that specifically address issues created by being a U.S. government employee or family member assigned to a diplomatic mission abroad.

For **additional assistance**, the FLO site on the State Department Intranet, <http://hrweb.hr.state.gov/flo/index.html>, offers information on family member employment, education and youth issues, transition issues, contingency planning and emergency operations for personal and community crisis situations, and naturalization assistance to Department of State foreign born spouses looking to become

USEFUL PHONE NUMBERS

EMERGENCY NUMBERS

Post One:	229-2950 or 98 580-5004	
Duty Shift Supervisor:	98 580-7010	RSO: 98 580-0911
Residential Security Commander:	98 580-7089	ARSO: 98 580-7079

1. If you feel uncomfortable with your neighbors or you have unexpected and suspicious visitors you should call:
 - Post One 98-580-5004 or 229-2950
 - Duty Shift Supervisor 98-580-7010 or 229-2930
2. If you have any kind of problems with your residence, for instance, with your plumbing, lighting, electrical devices, generator, water, government furnished appliances, please fill out a work order/service request on e-services.
 - Work Order Clerk Marina Istomina 229-2251
 - FM Clerk Firuza Khamroeva 229-2252

After work hours emergency (no electricity, flooded houses):

 - Shuhrat Shamsiev 98-580-1036 or Anthony Tee 98-580-5062
3. If you have problems with your landlord, satellite, telephone line or your furniture you should call the GSO Section:
 - GSO Coordinator 229-2218 – general questions;
 - Real Estate/Procurement Asst. Suhrob Nozilov 229-2286 or 98-580-8034 – problems with landlord, satellite.
4. If you would like to book a flight or a hotel outside of Tajikistan you should call the GSO Section:
 - Travel Asst. Siroj Kholov 229-2285 or 98-580-7043
 - Travel Clerk Sharaf Halimov 229-2289 or 98-580-7036
5. If you have problems with your cell phone you should call:
 - IRM Help Desk 229-2400
6. If you need a taxi you should call:
 - City Taxi 223-5555 (8 am-7pm); 95-111-5511 or 91-844-5511 (after 7 pm)
 - Taxi Service 233-3333 (Russian speaking only)
 - For official business: GSO Motorpool Dispatcher Khurshed Akramov 229-2284; 229-2287; 98-580-6129.

If you are not sure to which section you should call you can call one of the Embassy's operators at 229 2000, 229 2409 or 229 2406 and explain your problem and they will transfer your call To Whom It May Concern. If you need a phone number of any NGOs in Tajikistan, international organizations, DHL or local businesses you may call and ask the Embassy's operators as well.

If it's late and you have an emergency situation and you don't know to where you should call, call the Duty Officer 985-80-1032

Don't Leave Home Without your Diplomatic Card (ДИП КАРТОЧКА: DIP KAHR-toch-kah) if you hold one, or a copy of your passport (ПАСПОРТ: PAHS-port). Though it is not a common occurrence, members of the Diplomatic Corps may be asked by local law enforcement officers to produce identification (dah-ku-MEN-ty). Should you be asked, comply with the request by presenting one of these documents. The diplomatic card also can serve as a photo ID when boarding aircraft at the airport.

THE POST AND ITS ADMINISTRATION

American Embassy, Dushanbe

109-A Ismoili Somoni Ave., Dushanbe

Tel: [992-37] 229-20-00

Fax: [992-37] 229-20-50

Hours of operation: M-F, 8:00 a.m. to 5:00 p.m. Switchboard is manned after working hours by the local guard force for emergency calls.

Embassy Dushanbe was opened in 1992. In 1998, security considerations following the terrorist bombing of U.S. Embassies in East Africa led the Department of State to temporarily relocate post's American staff to Almaty, Kazakhstan. Since 2004, all personnel have been assigned directly to Dushanbe.

A new Embassy compound was dedicated on June 28, 2006, and the Embassy began operating out of the new Chancery on July 10, 2006. The U.S. Embassy is located at 109-A Ismoili Somoni Avenue, a 10 minute drive from the center of Dushanbe.

The Mission currently consists of 47 Americans from State, Defense Attaché Office (DAO), Office of Defense Cooperation (ODC), International Narcotics and Law Enforcement (INL), Senior Law Enforcement Advisor (SLEA), United States Agency of International Development (USAID), Drug Enforcement Administration, and Export and Border Control Section (EXBS), Marine Security Guard Force (MSG).

For more and updated information on various post policies and procedures please refer to our Embassy intranet website at: <http://dushanbe.state.gov/index.cfm>

American Employment Association (AEA) was formed for the following purposes:

- to conduct activities primarily for the benefit and welfare of the employees of the U.S. Embassy in Dushanbe, Tajikistan and their families;
- to support and assist as appropriate the activities of the American Embassy and related Agencies that contribute toward the furthering of understanding or improvement of relations between the U.S. Government and the people of Tajikistan.

AEA membership fee is \$10 per employee, including EFMs, for the duration of their tour. AEA membership form is included in Welcome Packet. AEA membership: Tim Collins - 229 2402.

Cafeteria: The embassy Cafeteria is run on a contract basis, so arrangements for meals and payment should be made directly to the kitchen staff. Breakfast is available from 7:30-9:00 a.m., lunch from 11:30-14:00. If you would like to take your dinner home, the kitchen staff will prepare it for you. They are also available for catering both personal and official events.

CHECK-IN PROCESS

MFA Accreditation Card

When you check in at Personnel, you'll fill out a Personnel Data Form from which the personnel Officer will be able to process your MFA (Ministry of Foreign Affairs) ID card. Though it is not a common occurrence, members of the diplomatic corps are not immune from being asked by local law enforcement officers to produce identification. Should you be asked, comply with the request by presenting one of these documents. The diplomatic card also can serve as photo ID when changing money. At museums, hotels and other attractions which post higher admission charges for foreigners, you should be charged the lower "local" rate if you present your dip card when buying tickets.

Travel & Advances

You must turn in your *Travel Reimbursement Voucher* to the Budget & Fiscal Office within 5 days of arriving at post. For future reference, to request official travel and advances, fill out a travel request form and have your superior sign it. Then submit the form to the Travel Assistant (ext. 2285) who will assist you in making your reservations. Turn in the form, properly filled out, a minimum of two weeks before traveling.

SECURITY

The RSO will give a verbal security brief each Thursday at 9 a.m. in the Embassy. For permanently assigned American personnel and their dependents, this security brief is mandatory. Control officers must schedule with the RSO office, 24 hours in advance, those individuals who will attend the brief.

The RSO security brief plays a key role in one's well being while in Tajikistan. In addition, it should be noted that the RSO security brief is an important part of the Ambassador's overall security plan. The RSO will periodically advise the Ambassador on the status of this policy. Please direct any questions or concerns to the RSO.

EARTHQUAKE PREPAREDNESS

Please read the information included in the Welcome Packet about what to do in the case of earthquakes.

POST LANGUAGE PROGRAM

When funding is available Post offers language training for both employees and their family members. The Human Resources Office is responsible for the Post Language Program in Dushanbe. Language Program Coordinator Nina Nazarshoeva can be reached by e-mail (NazarshoevaNN@state.gov) or phone 229-2210. The Post Language Officer Nick Barnett can be reached by e-mail (BarnettNG@state.gov) or phone 229-2280.

See Management Notice # 68-08 Post Language Program included in the Welcome Packet.

HEALTH

There are no Western-standard hospitals, laboratories, dentists, or pharmacies in Tajikistan. Basic dental care is available and inexpensive.

London is the Medevac location. Family visitors need to have Medevac insurance. They are not entitled to the services of the Health Unit.

EMBASSY HEALTH UNIT

Health Unit Phone: 229-2226

Ashley Martin, PAC-Foreign Service Health Practitioner, Medical attaché. Cell phone: 98 580-7099.

Surayo Abdulhamidova, MD-Locally hired Physician. Cell phone: 98 580-7012.

Sharif Abduhalilov, MD-Post Medical Advisor. Cell phone: 98 580-70-90.

Walk in hours for illness, injury, non-emergency patient care and appointments:

Monday - 09:00 - 12:00 and 13:15-16:30

Tuesday - 09:00 - 12:00

Wednesday - 09:00 - 12:00

Thursday - 09:00-12:00

Friday - 09:00-12:00 and 13:15 - 16:30

Appointments must be made for immunizations, clearance exams and medical orientation of new arrivals. For appointments call the Health Unit at 229-2226 or MGT Secretary at 229-2202.

Emergencies are seen any time. For emergencies or after hours call Ashley at **98-580-7099** or Post One or Duty Officer.

Upon arrival: Check in with HU for orientation preferably the first week. Bring insurance card, Medevac card, immunization records, medical clearance and any other medical records.

REGIONAL MEDICAL OFFICER

Our Regional Psychiatrist is **Dr. Chayan Dey**. He is based at the U.S. Embassy in Almaty, Medical Unit. He visits post periodically and is available for counseling over the telephone at any time.

Email: DeyCC@state.gov

Telephone: 77772355159

PROSPEKT MEDICAL CLINIC

This is a western style clinic, situated on a big hospital complex -- the Republican Hospital for Chest Surgery -- just behind the Chinese Embassy.

The Clinic operates under western standards of hygiene. It has two examination rooms for doctors, and two emergency and observation rooms -- one for traumas and one for medical emergencies. Both are fully equipped with modern medical equipment. The observation rooms have cardiac monitors, defibrillators, etc, and a trained Pakistani nurse is on duty in the Intensive Care Unit.

The Clinic doctor works very closely with the Hospital staff in order to always have a team ready for emergencies, observation of patients, and Medevac when necessary.

The Clinic has a supply of vaccines and medicines for dissemination as needed.

HOUSING

Post has transitioned to single family residences. Post makes every effort to place newcomers directly into their permanent homes upon arrival. Due to the lack of suitable housing in Dushanbe, and the time required to bring a new residence into compliance with Embassy standards, some newcomers may be assigned to temporary quarters before being moved to their permanent residences. The Embassy furnishes each house with a full set of furniture, a back-up generator, hot water heater(s), a large-capacity water distiller, a clothes washer, a clothes dryer, a microwave, an AFN decoder, and three transformers.

Each long-term employee assigned to post and occupying housing with USG-owned furnishings will be provided a Household Inventory by the GSO/Property Section. This Inventory must be signed by the occupant within two weeks of receipt. If the Inventory is not signed within the two-week period, then all property on the inventory will be considered as accepted by the resident and therefore the resident will be responsible for all items on the Inventory.

Please note that prior to departing post, all employees are obliged to complete the Check-Out List provided by Management

WATER

The city tap water is generally very muddy after any kind of a rainstorm, and can stain light colored clothing. The Embassy provides tanks for water in order to remove some of the sediment. It is recommended that you do not drink the tap water. The Embassy furnishes large capacity water-distillers since the local water isn't potable.

UTILITIES

Electrical power fluctuations are frequent throughout the year. Power surge protectors are strongly advised for all sensitive, expensive electronic equipment. Each residence has a generator, and is heated and cooled using split pack air-conditioning units.

International-quality 220v appliances are available, as are audio and video electronics.

When using 110v appliances you must use transformers, not just adapters unless the appliance is able to convert from 110-220.

PEST CONTROL

Embassy Dushanbe is a self help post, just as if you were in the US. Pesticides are available on the local market; if your residence becomes infested please contact the FM Section: Shukhrat Shamsiev 229-2217; cell: 98 580-1036.

COMMUNICATIONS

MAIL AND POUCH

Post personnel use the unclassified pouch for letter mail and packages. Mail generally takes 3-5 weeks to arrive. Incoming mail arrives erratically. One week we may receive no mail, and another week we may receive several shipments. Our mail is routed through Almaty, and delivery depends on whether Tajik Air has space on the incoming flight (Please note that the passenger bags have priority on airplane before pouches). Outgoing mail is sent weekly on Friday.

Dushanbe pouch maximums: Size - 60x80x200 cm (23x31x78 inches). Weight - 80 kilos (176 lbs) and no crates. **Anything in excess of 6 cu/ft or 250 lbs regardless of cu/ft from a single sender to the same addressee is consider bulk shipping and requires a fund site for onward shipping to post.**

Note: 18x18x32 inch box is 6 cu/ft.

Management Instruction #44-08 Mail and Pouch Restrictions is included in Welcome Packet.

The address for official mail by pouch is:

American Embassy Dushanbe
Department of State
7090 Dushanbe Place
Washington, DC 20521-7090

The address for personal mail by pouch is:

(Name)
7090 Dushanbe Place
Dulles, VA 20189-7090

DHL is the courier service used by Embassy Dushanbe. UPS has opened an office here, and its rates are cheaper than DHL, but its service is less reliable. FedEx does not have an office in Tajikistan.

TELEPHONES

The Embassy has several satellite and IVG lines ("tie lines") to Washington. Local cell phones are issued to all staff members, and are available for spouses. To receive a phone please call IRM Help Desk 229-2400 or put in a work order online. Personal local and long distance calls can be made on the cell phones as appropriate and will be billed to the user. For pricing/rate information regarding the cellular phone contract with Babilon please see *Management Announcement #14-08 MLT Cellular Contract - Rate plan information* included in your Welcome Packet.

The Embassy telephone numbers are (992) (37) 229-2000; IVG 752-0000

The fax numbers are (992) (37) 229-2050; 236-04-30

INTERNET

The Embassy researched the price, quality and speed of cable internet, and it was found that cable internet is expensive. American Staff use DSL and Dial-Up. Please call IRM Help Desk 229-2400 for further information about the various internet providers

RADIO & TV

The Embassy provides homes with AFRTS decoders to view AFN television channels. Satellite hookup at home is available with various cable television channels including CNN and BBC.

The first independent FM radio station in Tajikistan opened in 2002, and was followed quickly by several more. They offer a mix of local and Russian pop music as well as news bulletins in Tajik and Russian. In addition, several Russian radio stations can be picked up in Tajikistan, and VOA, BBC, Radio China, and numerous Christian broadcasting services are available on shortwave.

NEWSPAPERS, MAGAZINES, & TECHNICAL JOURNALS

Local bookstores sell books in Tajik, Russian, Uzbek, and Persian; books in English are not easy to find. Tajikistan's 12 major newspapers in Russian and Tajik are mostly published weekly and are released on Thursdays. Tajikistan does not have daily newspapers. The official news agency "Khovar" and the independent news agencies "Asia Plus" and "Avesta" all produce daily news summaries in Russian and English, distributed by email and available through their websites. Two popular weekly Russian newspapers, Argumenti i Fakti and Komsomolskaya Pravda, issue Russian language editions that include inserts about Tajikistan.

PERSONAL BELONGINGS

HOUSEHOLD EFFECTS/POV

Please contact Custom and Shipping Assistant Osim Karimov (e-mail KarimovOA@state.gov , or on the cell phone 98-580-8061) to set up shipping arrangements for official shipments, household goods, airfreight and/or personal vehicles to or from post.

Motorpool Supervisor Amirsho Nazarov (e-mail NazarovAI@state.gov, or call 98-580-1030) can assist with vehicle registration and provide information on APK inspection for arriving POV's.

VEHICLES

There are no Western-style garages, and spare parts for American-made vehicles are both rare and expensive. Outside the city, many roads are unpaved. Inexpensive but higher-maintenance Russian cars are readily available and easily serviced. Parts for American made vehicles are not available locally. Daewood Nexia sedans, small Lada Niva 4X4s, Toyota, Opel, and Mercedes vehicles can be purchased locally, though prices reflect the shipping cost and customs fees from the Middle East or Europe.

Gasoline in Tajikistan is generally unleaded, but the quality is extremely variable, particularly outside of Dushanbe. For this reason, the Embassy tests fuel before purchasing in bulk. Diesel fuel is generally available locally, but is difficult to obtain outside the city. Embassy employees have the option of fueling their vehicles at the motorpool on a reimbursable basis.

Insurance

The Embassy requires employees to carry a minimum of \$30,000 in personal 3rd party liability insurance for their POVs and to maintain that insurance for the duration of their tour. GSO will not issue license plates without evidence of the required liability insurance. At present, GSO does not know any international automotive insurance companies that offer PRIMARY 3rd party liability coverage in Tajikistan, making locally purchased liability insurance the only option (current annual rates are \$300 to \$450). In addition to the locally-purchased primary 3rd party liability insurance, employees may wish to contract with an international insurance company for transit, excess liability, comprehensive and/or collision insurance.

Car Repair

Outside of work hours and on the weekends you can turn to the mechanics at the Motorpool for help.

PETS

Dog and cat food is generally available, but the variety is pretty limited. Cat litter is hard to find and not of good quality. It is advised to include necessary supplies (food, litter) in your consumables.

Veterinarian Care

Very limited veterinarian care is available. Local vets are more skilled with farm animals than domestic pets, but there are a few. They can provide basic care, rabies shots and health certificates, but lack adequate facilities, equipment and medications. There aren't any veterinary lab facilities in Dushanbe. The usual process is for surgeries etc to be carried out on your kitchen table with rudimentary equipment.

Recommended Vets:

- Mr Boltaev, Tel: 235-0831; 91 865-2514 (mobile).
- Olim Dzamolov, Tel: 90 772-3014.
- Dilya, tel.: 91 889-9608

TRANSPORTATION

PEDESTRIAN DETAILS

Crossing Dushanbe's busy streets can be a challenge even though it is comparatively safe when making use of a pedestrian crossing ("zebra" markings on the pavement, or a traffic sign with or without a signal light). Be aware that pedestrian crossings are not always honored by drivers - blinking headlights indicate that a driver is definitely not planning on yielding the right-of-way to you! And turn signals are not frequently used.

DRIVING DETAILS

Drivers make turns from outside lanes, drive backwards at high speed out of narrow lanes and onto roads to join traffic, as well as practicing other unsafe and erratic driving methods. Care must be taken to watch out for unexpected moves by other drivers.

Transportation within Dushanbe is improving slowly, with less progress in the countryside. The roads within Dushanbe are marginally maintained with very old equipment. Travel outside of Dushanbe is fraught with dangers of landslides and floods which block or ruin the roads. Especially during the rainy season, many roads will suffer damage — and frequently will be washed away. Road construction in rural Tajikistan can cause extensive travel delays.

PUBLIC TRANSPORTATION

Public transportation consists of bus and streetcar lines along the main thoroughfares, with vans running secondary routes within the city and into the surrounding countryside, plus informal taxis. Post has certified one of the more established taxi companies that are available on a call-up basis; their cars are basic but generally safe. Use of public transportation is permitted for members of the Mission, but they must be cautious of dangers, including buses running off of propane tanks that are likely to ignite, dealing with unscrupulous taxi drivers; use of unsafe vehicles, drivers who break traffic laws routinely and pedestrians who wander the streets on foot.

TAXI SERVICE

- City Taxi can be reached at 223-5555 (8p.m. -7p.m.); 95-111-5511 or 91-844-5511 (after 7 p.m.; weekends and holidays)
- Taxi Service 233-3333 (Russian speaking only)

You may also catch a taxi on the street. Typical in-city fares are 5 to 20 TJS, with a 15 or 20TJS fare charged to reach the Embassy from most housing areas. Always agree in the price before getting into the taxi. Taxis will stop to pick up multiple passengers unless arrangements are made otherwise in advance.

SHUTTLE SERVICE

If you wish to take advantage of the shuttle service to and from work, please contact the Motorpool Dispatcher Khurshed Akramov 98 580-6129 to purchase tickets, which will be delivered to your embassy mailbox. Motorpool also informs you of the schedule and the pickup points. Please let them know ahead of time if you want to use the service, so they can add you to the schedule.

Management Notice #12/06 *Motor Vehicle Policy* is included in Welcome Packet.

MONEY MATTERS

CURRENCY AND BANKING

Tajik currency is the Tajik Somoni. Currency can be changed at authorized exchange houses or at the Embassy cashier. Tajikistan is a cash-only economy; neither traveler's checks nor credit cards are accepted. Although there are now several ATMs in Dushanbe (there is one in the lobby of the Embassy), electronic banking is in its infancy in Tajikistan. All Americans are advised to set up accounts in the U.S. with on-line banking services.

CASHIER SERVICES

Our Cashier, Vali Nabiev, is open for business Monday – Friday from 8:30 am to 11 am and 2 pm to 3 pm. An exchange is limited to \$1000 per week. Exceptions must be approved by the Management Officer.

TAXES, EXCHANGE, AND SALE OF PROPERTY

Tajikistan does not attempt to levy income taxes on Embassy American personnel. There is value-added tax (VAT), but it is generally incorporated into the price of goods and services. Foreigners are not permitted to own real estate in Tajikistan under most circumstances. Sale of personal property is controlled by Embassy policy and the customary foreign affairs agency regulations.

EMPLOYMENT FOR SPOUSES AND DEPENDENTS

The Embassy fully appreciates the importance of meaningful work opportunities for family members. Job opportunities for Eligible Family Member (EFM) positions have become increasingly more available as the Embassy has grown. Both positions offered at the Embassy and by the Professional Associates program in Washington and available to eligible family members.

The Embassy has a bilateral work agreement with Tajikistan, but Tajik salaries are extremely low by U.S. standards. The best-paid job opportunities outside the Embassy are with the numerous NGOs and international organizations in Dushanbe. If compensation is less of a priority, there are numerous charities, non-profit organizations, foundations, and groups engaged in a broad range of humanitarian and educational programs, for which a family member may work or volunteer.

For more information please refer to the Management Announcement # 31/08 *Employment of American Employees' Dependents outside the Mission* included in Welcome Packet.

DAY CARE CENTERS / KINDERGARTENS/SCHOOLS

QSI INTERNATIONAL SCHOOL OF DUSHANBE

The QSI International School of Dushanbe is an independent, coeducational day school which offers an educational program from preschool through grade 8 (with arrangements for older students) for students of all nationalities. The school was founded in 1997. The school year comprises three terms extending from August 23 to December 14, from January 7 to March 14, and from March 24 to June 12.

E- mail: dushanbe@qsi.org

Website: www.qsi.org

Address: 85 Sovetskaya Street

Tel: 224-5955.

DUSHANBE INTERNATIONAL SCHOOL

The school offers an educational program from preschool through grade 11. The school year, which is divided into semesters, begins in early September and ends in late May. The calendar includes approximately one long weekend per month, a two and one-half weeks recess in winter and the

observance of national holidays. Students need one hundred (100) credits in order to graduate. The English National Curriculum, as modified by the requirements of Tajik law and British and North American educational practices are followed in the school. The schools aim is to prepare the students to take the IGCSE examination, along with other internationally recognized examinations.

Email: dushis@dushis.com

Website: www.dushis.com

Contact: (992 372) 221-4997

Address: 9 Bofanda Street

“KIDS’ CLUB”

Informal Catholic play group. Local teachers are employed.

Language used: English.

Hours of operation: For 2 - 4 years old there is option of attending the group 2-5 times a week from 9 am-12 pm. For 4-6 years old there are activities twice a week from 9am-1:30pm.

Address: 72 Omar Khayam Street.

Contact: jeniakrash@gmail.com; saidjenya@capost.org or call 91 919-1585.

There are also several informal play groups run by expats out of their houses. There are also several local non-English daycare options, but we can't speak for their quality, safety and sanitary conditions.

DOMESTIC HELP

Domestic help is available at reasonable cost. Many people employ housekeepers who do shopping, cooking, and laundry, in addition to general cleaning as well as nannies. Gardeners are also available at low cost. You may hire a personal driver as well. For a list of contacts ask CLO.

Note: There are no certified nannies; however, Embassy health practitioner periodically conducts CPR and First Aid trainings for household staff. It is best to hire a nanny by recommendation from other members of the international community in Dushanbe.

OFFICIAL MISSION HOLIDAYS 2011

JANUARY 3	Monday	NEW YEAR'S DAY (U.S./Tajik)
JANUARY 17	Monday	BIRTHDAY OF MARTIN LUTHER KING (U.S.)
FEBRUARY 21	Monday	PRESIDENT'S DAY (U.S.)
MARCH 8	Tuesday	INTERNATIONAL WOMEN'S DAY (Tajik)
MARCH 21	Monday	NAVROOZ DAYS (Tajik)
MARCH 22	Tuesday	NAVROOZ DAYS (Tajik)
MAY 2	Monday	INTERNATIONAL DAY OF SOLIDARITY (Tajik)
MAY 9	Monday	VICTORY DAY (Tajik)
MAY 30	Monday	MEMORIAL DAY (U.S.)
JUNE 27	Monday	NATIONAL UNITY DAY (Tajik)
JULY 4	Monday	INDEPENDENCE DAY (U.S.)

AUGUST 31	Wednesday	IDI RAMAZON (Tajik)
SEPTEMBER 5	Monday	LABOR DAY (U.S.)
SEPTEMBER 9	Friday	INDEPENDENCE DAY (Tajik)
OCTOBER 10	Monday	COLUMBUS DAY (U.S.)
NOVEMBER 7	Monday	CONSTITUTION DAY (Tajik)
NOVEMBER 9	Wednesday	EID AL-QURBON (Tajik)
NOVEMBER 11	Friday	VETERANS DAY (U.S.)
NOVEMBER 24	Thursday	THANKSGIVING DAY (U.S.)
DECEMBER 26	Monday	CHRISTMAS DAY (U.S.)

* Tajik Holidays Ramazon and Qurbon are to be celebrated according to lunar calendar

PEOPLE AND THE CULTURE OF TAJIKISTAN

GREETINGS

Men commonly greet each other by shaking hands, whereas women either embrace or shake hands. Tajiks may also place the right hand over the heart before, during, or after a handshake. Friends who have not seen each other for some time may embrace and kiss each other three times on opposite cheeks. Urban men and women may greet each other with a handshake, but rural men usually do not touch women in public, greeting verbally instead.

The standard verbal greeting is the Arabic *Assalaam alaikum!* (Peace be upon you!); the reply is *Waalaikum assalaam* (And peace also with you). Close friends might simply exchange *Salom* (Tajik for “Peace”). A common Tajik greeting is *Chee khel shoomo?* (How are you?) and the Uzbek equivalent is *Yakhshi me seez?* Russian speakers often greet friends by asking *Kak dela?* (How are things?). Upon parting, Tajiks say *Khair!* (Good-bye!) or *To didana!* (See you later!).

When addressing elders and those in high positions, one uses titles and given names or surnames. Friends use nicknames and given names. Very important persons visiting a rural village may receive a formal greeting that includes the offering of bread and salt, followed by speeches.

GETTING TO KNOW THEM

It is easy to meet Tajiks, who are extremely hospitable. Americans can be a little overwhelmed by Tajik hospitality, which often includes seemingly endless amounts of food and vodka toasts.

There is a nice mix of nationalities, including Tajik citizens (usually NGO staff) at parties. Tajiks love to dance, and there is dancing at many events. Customarily long, quite elaborate meals are offered, and guests are expected to toast and be toasted until the “plov” (rice with meat and vegetables) is served, after which they may depart without offense.

Family occasions such as weddings, circumcisions, and funerals are social occasions as well. Anyone posted in Tajikistan can expect to make Tajik friends and will be invited to these celebrations frequently. Again, a speech is expected and a gift of some sort is appreciated for weddings and birthdays.

Practical gifts for the household may be given, but objects from the U.S. are also appreciated. Urban Tajiks prize intellectual achievement, so books are a good gift. As in most of the former Soviet Union, flowers are generally brought to dinners at a Tajik house. Alternatively, a good box of chocolates, vodka or (for some) wine is appreciated.

GESTURES:

In rural homes, people usually sit on the floor cross-legged or with legs tucked under and to the side. It is considered improper to point the bottom of one's shoe or foot at another person. Pointing directly at someone or beckoning with one finger is considered rude; one uses the entire hand instead. Respect is shown by looking down while speaking to someone. People usually pass items with the right hand; the left hand is placed on the heart or supports the right arm.

VISITING:

Socializing in the home or at a large hall for weddings, memorials, or birthdays is an important aspect of Tajik society. Meals for these occasions can last for hours and involve several courses; dancing often follows.

The traditional house includes a special room set aside for entertaining; on some occasions only men gather here, while for other occasions men and women socialize together. It is customary to remove shoes before entering and to sit on thick cushions (kurpacha) spread on the floor. Men sit cross-legged. Women sit with both legs tucked under and to the side. Hosts usually offer tea to their guests, as well as fruit and nuts. Whether it is mealtime or not, food is cooked for visitors. The most common days for visiting are Saturday and Sunday, although anytime will do. Relatives commonly visit one another; daughters visit their mothers especially frequently.

EATING

Most Tajiks eat with their fingers at traditional meals and in rural areas, although utensils are more common in cities. Three meals are customary in the cities, while some rural people eat only breakfast and supper. Breakfast (nonishta) usually includes a cup of tea (choi). Families eat together on the floor, with food placed on a low table or a cloth. At traditional meals, food is served in communal dishes shared by those sitting close by. At some special occasions, food is served on platters and guests prepare their own plates. Bread, unleavened (non) or leavened, is served at all meals. Guests are expected to eat at least a little; it is polite to eat as much as possible. Although most Tajiks are Muslims, alcohol (usually vodka) is served for special occasions. It is common for everyone around the table to take turns making toasts. Many Tajiks observe the fast during Ramazon, the month in which Muslims believe Allah (God) revealed the Qur'an to the prophet Muhammad. During this month, Muslims fast from sunrise to sunset. They break the daily dawn-to-dusk fast with an evening meal. After all meals, one holds the hands cupped at chest level while grace is said. Upon conclusion of the prayer, one runs the hands down the sides of the face and wipes them together.

OFFICIAL FUNCTIONS:

The standard government reception is usually a large, sit-down affair with toasts and speeches, and entertainment in the form of national dance troupes or singers. The Ambassador and, occasionally, the DCM and Senior Military Representative are invited. Official functions are "set pieces" from which deviation is very rare. Other Embassies and international organizations tend to have less formal stand-up receptions, often with live music from one of Dushanbe's many fine bands. No one can remember a

function in which anything more formal than a dark suit was required. Some gentlemen do wear tuxedos to the annual Marine Ball.

RELIGIOUS ACTIVITIES

Tajiks are mostly Muslim or nominally Muslim but there are Baptist, Adventist, Korean Pentecostal, Catholic, German-speaking Catholic, and Russian Orthodox churches in Dushanbe. There are also weekly Catholic, Protestant, and non-denominational Protestant services in English in Dushanbe.

- St. Joseph's RCC – 10 Titova St., proezd 21. Tel.: 223-4269.
E-mail: par.dushanbe@ive.org Web: <http://tajikistan.ive.org/index.htm>
- The International Church of Dushanbe – 10 Pionerskiy St., 1st Proezd.

Contact CLO office for more details

THINGS TO SEE AND DO

MUSEUMS

Tajik Museum of National Antiquity – Features reclining Buddha and items of antiquity; no English spoken but English inscriptions of displays.

Address: 7 Rajiabovs' St. Tel.: 227-1350.

Open: Tue - Fri 10 am - 5 pm; Sat 10 am - 4 pm; Sun 10 am - 2 pm

Entrance fee: foreigners – 15 TJS, locals – 5 TJS.

Museum of Ethnography - Displays the ethnic visual culture of Tajikistan; no English spoken but English inscriptions of displays

Address: 7 Rajiabovs' St. (next to Museum of Antiquity). Tel: 227-8751

Open: Tue – Fri 10 am - 5 pm; Sat 10 am – 4 pm; Sun 10 am – 2 pm.

Entrance fee: foreigners – 15 TJS, locals – 5 TJS.

Gurminj Museum – Tajik traditional musical instruments; no English spoken.

Address: 23 Bokhtar St.

Tel: 223-3210. Open: Mon – Sun 11 am – 4 pm.

Entrance fee: foreigners – 5 TJS, locals – 1 TJS.

Tajik State Regional Museum – K. Behzod - Tajik history and culture; no English spoken.

Address: 31 Aini Ave. Tel: 227-1508. Open: Tue - Sun 9 am – 4 pm.

Entrance fee: foreigners – 20 TJS, locals – 2 TJS.

Tursun Zade Museum - Life of Tajik Poet M. Tursun Zade; no English spoken.

Address: 21 L. Sherali St. Tel: 224-1715. Open: Tue - Sat 7 am – 4 pm.

Entrance fee: foreigners - 2 TJS, locals - 1 TJS.

Museum of Musical Culture -108 L. Sherali St.; no English spoken. Open: Mon - Fr 10 am – 4 pm.

ENTERTAINMENT

There are concerts, operas, and plays in Russian in Dushanbe however they are low in number. Since theaters are not always heated, it is advisable to dress warmly in the winter. In the summer the most pleasant activities are garden performances of music, poetry and dance that are organized by a small museum, Gurminj Museum in town.

The Bactria Cultural Centre, a facility that sponsors a wide variety of cultural activities, frequently hosts art and handicraft exhibitions, musical concerts, and poetry readings. It is also a gathering place for the international community, since there are weekly foreign film evenings (projected onto a wall), language classes, and other social events.

Cultural Venues - The CLO informs Mission employees of upcoming events in:

- Opera Ballet Theater
- Mayakovski Theatre
- Padida Theatre
- Kohi Vahdat
- Bactria Cultural Centre
- Lahuti Theater

Currently no movie theatres in Dushanbe show movies in English. "Dom Kino" (43 Bukhoro St. Tel: 221-7870) and Kohi Jomi on Somoni Square show movies in Russian.

INTERNATIONAL CONTACTS

Rotary Club

The Rotary Club in Dushanbe was established in 2004 and now they have 23 members. The stated purpose of the organization is to bring together business and professional leaders to provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world. Local projects included support to hospitals, orphanages and isolated villages. The Club meets every Thursday at 6:30 p.m. at Teahouse Rohat. If you would like to learn more visit the Rotary Club website: www.rotaryclubofdushanbe.org
Contact: secretary@rotaryclubofdushanbe.org

International Women's Club

The Club offers opportunities to socialize with expatriate woman, share experiences and ideas as well as to participate in charitable activities. The Club meets on a monthly basis at members' residences.
Contact: IWCDushanbe@yahoo.com

SPORTS

On the Embassy grounds

- There are basketball court, volleyball court, tennis court, badminton court, soccer field and swimming pool.
- **First floor Multipurpose Room** Mon, Thur at 5:15 pm - **Yoga classes**. Class schedule is available at the CLO office.
- **Fitness Center** opening soon

Bowling

- Taj Bowling - 21 Tursun Zade St. (Asia Grand Hotel). Tel: 600-2002. Open: Mon – Sun 2 pm – 2 am. Courteous western standard service.
- King Ping Bowling Club - 47 Druzba Narodov Ave. Tel: 93 575-0000. Open: Mon – Sun 11 am – 11 pm.

Fitness

- Fitness Club – 21 Tursunzade St. (Taj Palace Hotel, 5th floor) Tel: 701-7171. Open: Mon – Sat 8 am – 10 pm. Air-conditioned gym, showers, massage, and sauna.
- Tae Kwando Centre - 25 Bohtar St. (behind the Pizza Shop and Eric Krause; next to Irish Pub). Tel: 221-0066. Open: Mon – Sat. 8 am – 8:30 pm. Fitness, Taibo, Taekwondo, Kickboxing. Sessions can be scheduled upon your request. English speaking coach. For information call Tyuryaev Daler (coach) 91 861-9311.
- **TojVarz**
- Spa "Sayohat" at the Hyatt Hotel – 26/1 Somoni Ave. Tel.: 43 377 1234. Open everyday from 6 am – 11 pm. Gym, swimming pool, sauna, wide range of spa services.
- Club "Olympic" – 48 Aini Str (Russian business center). Tel.: 600 86 00, 600 87 00, email: info@fcolympic.tj. Fitness, gym, swimming pool, massage, sauna, Jacuzzi.

Tennis

- "Kasri Tennis" – 45 Somoni Ave. (next to Frunze Stadium, cross the street from Hyatt Hotel). Tel: 236-2738. Open: Mon –Sun 8 am – 9 pm. Indoor tennis courts.

Yoga & Dance Classes

- Yoga, Kattak (Indian Dancing) -Indian Cultural Center at the Embassy of India (45 Bukhoro St.). Tel: 221-3988; 221-7172. E-mail: com.dushanbe@mea.gov.in
- Tajik & Arabic Dances - Padida Theater (82 Rudaki Avenue next to Rohat Restaurant). Tel: 221-9634; 91 824-4992. Classes: Mon – Fr at 6 pm.
- Belly Dance - Tae Kwando Centre (25 Bohtar St. behind the Pizza Shop and Eric Krause; next to Irish Pub). Tel: 221-0066 or 91 887-1999 (Aziza).
- Pranam Yoga - Traditional Hatha, Vinyasa, Core and power yoga classes offered. Email tolkyn.yoga@gmail.com for information and class schedule.

RECREATION

The American staff in Dushanbe has been participating in various activities like exploring, running, biking, and visiting areas outside the capital to watch local activities such as buzkashi (a traditional horseback game that was probably the precursor of polo), picnic, or hunt for wild boar. Tajiks welcome the involvement of foreigners in everything they do and are justifiably proud of their extraordinary hospitality.

- **"Hash House Harriers"** Hashers meet every Saturday at various locations. For the starting points check "What's on in Dushanbe" which comes out on Friday afternoons. To get on their mailing list, send an e-mail to marians@tajnet.com Hash is not an athletic club, some folks run but many people just walk. Hashing is an excellent way to meet people, discover charming parts of the city or areas that you otherwise would never see, meet expats, get some exercise, and have a lot of fun. More information about "Hash House Harriers" at: <http://dushanbeh3.googlepages.com/home>
- **Hiking club "Goulya's Outdoor Adventures"** These Sunday hikes are very popular among expatriates. This company offers hikes of different difficulties. They meet every Sunday morning in front of "Zvezdnaya Noch" billiard club (across from the Agricultural University). They provide transportation if needed. Cost: 50 TJS if you drive your own car; 90 TJS if you need transportation. More information about "Goulya's Outdoor Adventures" can be found in the weekly electronic publication "What's on in Dushanbe" (to subscribe send an e-mail to marians@tajnet.com) or call contact Artyom: 93-505-0567 or artem110@list.ru

There are several tour outfits that feature hiking and trekking in the Fann Mountains north of Dushanbe and mountaineering and hunting trips in the Pamirs. They also arrange jeep tours, cycling and riding trips and rafting adventures. Any of the tour companies will be happy to arrange something tailor-made to suit your needs.

TRAVEL COMPANIES

Hamsafar Travel

Address: 5/11 Proletarskaya St., Vodonasos.
Tel: 228-0093 (daytime); 93 501-4593 and 93 501-5431 (evenings)
Email: ruslan@hamsafartravel.com;
hamsafarinfo@yahoo.com;
rick@hamsafartravel.com
Website: <http://www.hamsafartravel.com/>

Odyssey Adventure

Address: 32 Rudaki Ave.
Tel: 91 900-6663
E-mail: info@odysseytajikistan.com
Website: www.odysseytajikistan.com

Pamir Travel

Tel: 224-0213, 224-5291, 224-0906.
E-mail: pamir-travel@list.ru; sadoullo@mail.ru
Website: <http://www.travel-pamir.com/index.html>

Carlson Wagonlit Travel, Tajikistan

Address: 16 Shota Rustaveli St. (near Irish pub)
Tel/fax: 221-9660 Email: anna@cwt.tj

Asia Discovery

Address: 33 #126 Somoni Ave.
Tel: 237-9176; 90 781-7078.
E-mail: asiadiscovery@mail.ru; lem_camp@mail.ru
Website: <http://www.asiadiscovery.tj/>

Bactria Travel

Tel: 95 190-7994; 91 924-4787; 223-1825.
E-mail: info@bactriatruvel.com
Website: <http://bactriatruvel.com/en/>

Tajikaviatour

Address: 32 Bukhoro St.
Tel: 221-1934; 95 154-3027.
E-mail: info@tajikaviatour
Website: <http://www.tajikaviatour.tj/en/index.php>

Informational Portal Tourism in Tajikistan:
<http://tourism.tj/en/>

DUSHANBE CITY TOUR



Modern Dushanbe was built around the **Railway Station**, which brought a branch of the Turk-Sib railway here in 1929. The current terminal building (built in the 1960s) is fronted with stained glass windows depicting enthusiastic Communist workers in the bold colors of the Socialist Realist style. A short distance north along **Rudaki Avenue**, a statue of the 20th century Tajik writer **Sadriddin Aini** sits facing the **National History Museum**, which has a decorative front in the Empire style of the 1930s. Many of Dushanbe's buildings share architectural features from this style, such as the classical **Opera Ballet Theatre**, built in 1939. Just across the road from the Opera is the landmark **Museum of National Antiquities**, which opened in 2001, featuring artifacts from Tajikistan's Islamic and pre-Islamic history (Greek/Bactrian, Zoroastrian, Buddhist and Hindu), the museum shows that Tajikistan was an important crossroads in Central Asia. The centerpiece is the 14m reclining *Buddha in Nirvana*, a 1,400 year-old statue created by the same Kushan civilization that made the Bamiyan Buddhas in Afghanistan. Back on Rudaki, a short walk brings us to the **Firdausi National Library**, which preserves more than 2,000 manuscripts (13th-20th centuries), including famous works by medieval Persian scholars. The street then opens into the city's **Central Square**, where a monument to the 25th anniversary of the Tajik SSR sits uneasily beside a giant LCD advertising screen. The statue of Lenin which stood here in the Soviet era was quietly removed, and it is now the founder of the Persian Samanid dynasty, **Ismoil Somoni**, who casts his watchful eye over passers-by. To the north of the park is Dushanbe's **commercial district** and **Barakat Bazaar**, one of two city centre markets. One building deserves special mention: the **Rohat Teahouse** (*Choikhana*) is a bizarre melding of grandiose Soviet

Empire style with Central Asian elements and motifs. Nearby, Dushanbe's **Haji Yakoub Mosque** nestles behind a hotel. (Although this is the city's central mosque, it is not the oldest. The blue-domed mosque, mausoleum and madrassa complex of **Mavlana Yakubi Charki** is Dushanbe's oldest mosque and indeed oldest building, dating from the 15th century).

A little further north is Dushanbe's **Botanical Garden**, established in 1933. Nearby are buildings associated with three famous people. The house of the Tajik Afghan commander **Ahmad Shah Masood** (who fought the Taliban and was assassinated on 9 Sept. 2001) sits mid-way between the mausoleums of **Mirzo Tursoonzoda** and **Sadriddin Aini**, two Tajik writers of the 20th century. Our tour finishes at the north end of **Rudaki**, where a statue of the eponymous poet stares over the city with a paternal air.

SHORT TRIPS FROM DUSHANBE

Hissor Fort



The remains of Hissor Fort (18th century) are just above the flat valley floor to the west of Dushanbe. The fort was the capital of **Eastern Bukhara** province and was occupied by the representative of the Emir, **Ibrahim Beg** until 1924, when it was destroyed in a rearguard action by the Red Army against the Basmachi. The gate towers are all that remain; however, a short climb to the top of the Citadel is rewarded with a panoramic view of the Hissor valley, ringed by mountains. The fortress faces a market square ringed by a **caravanserai** and two **madrassas** (18th and 19th centuries), one of which is now a fine ethnographic museum. Other important buildings on the site include the 16th century **Mausoleum of Makhtum Azam**, the **Masjid-i-Sangin** ("Stone Mosque") and the natural spring **Chashma-i-Mohiyon**, where another madrassa has been recently excavated.

Nurek



During the Soviet era, Nurek was a restricted zone, but it is now possible to get permission to visit the town and the power station. **Nurek Dam**, constructed in 1961 on the river Vakhsh, is still the world's tallest hydroelectric dam (310m). The power station has a capacity of 3 GW and provides more than 90% of Tajikistan's electricity. A narrow road winds up to the top of the dam, affording spectacular views of the **Pulisangin Canyon**. The lake above the dam is suitable for boat trips and swimming. Downstream from the dam, the town of Nurek is fascinating as a preserved piece of Soviet history. A statue of Lenin still stands in the central square, and his giant (once-illuminated) face looks benevolently down from the mountainside above. There is a small but interesting museum dedicated to the construction of the dam, and the town's library contains signed copies of books by many prominent Soviet personalities, including the cosmonaut Yuri Gagarin.



Shirkent Gorge

Shirkent Gorge, near Tursoonzoda, is perfect for light walking and perhaps some river fishing. The valley is remarkable for the discovery of **fossilized dinosaur tracks**. The footprints are about 50cm long and 30cm wide, and have been identified as belonging to *Macropodosaurus Gravis*, a bipedal dinosaur from the Lower Cretaceous. Hundreds of larger imprints were also found in the same valley and also in a small gorge formed by a tributary of the Khargush river.

Varzob Gorge

Varzob Gorge is a beautiful alpine mountain region within easy driving distance of Dushanbe. The main road north out of Dushanbe follows the route of the rushing **Varzob River** for about 70 Km, before climbing steeply to **Anzob Pass** (3,373 m). Some of the highlights include **Guzgarf Waterfall** and the **Sioma River Valley**. There are also natural thermal springs at **Khoja Obi Garm**. Varzob is perfect for walking, rock climbing or just a quiet picnic. In the winter it is possible to go skiing above the village of **Tagob**. Horse trekking can be arranged (given sufficient advance notice).

Romit Gorge

To the east of Dushanbe is another beautiful gorge, Romit. Romit is close to Nurek so it is possible to combine the two. As well as day treks, it is possible to do a multi-day trek between Romit and Varzob.



SHOPPING AND SERVICES IN DUSHANBE

The direction and addresses of places are approximate, so contact the CLO for more details. Once you live here you understand why there are no exact addresses given. In Dushanbe people don't know and use street names. They describe the location of a place in relation to something most people are familiar with, like the Opera House, the Presidential Palace...

ART WORKS

- "Artists' Colony" - 10 -12 artists' studios located at 13 Omar Khayam St. Most of them are painters working with oil paint but you can find sculptors and woodcarvers among the artists. You can also see their artworks at Virtual Gallery of Tajik Painters at www.tajikart.com
- The Tajik Painters' Union Exhibition Hall - Corner of Rudaki Ave. and Somoni Ave. opposite the Presidential Palace and across from Reebok. Sells a variety of oil and acrylic paintings.
- "Art-Gallery Tajikistan" - 54/9 Shotimur St. (Mukaramma Hotel). Tel: 90 770-1402.
- "Suhrob Art Gallery" - 1 Somoni Ave. Open: Mon - Sat 10 am - 4 pm.

Individual Artists working and selling their artwork from home:

- Dilorom Shermatova - dshermatova@hotmail.com. Tel.: 91-904-9576. Beautiful "paintings" done using rose petals. Will custom-make a rose petal painting of anything you want.
- Olim Kamolov - 16 Gani Abdullo St. Tel: 224-7634. Famous Tajik miniaturist and painter. Also carves and paints elaborate chess sets.

ANTIQUES

- Green Bazaar – small store just outside the bazaar.
- “Staraya Kwartira”/“An old apartment” – 35 Rudaki Ave. (across the street from the National Firdousi library, at the corner of Rudaki Avenue and Khuseynzade Street when you make your right to the supermarket “Paykar” and to Motorpool). A mish-mash of garage-sale quality items interspersed with few interesting pieces, including knives and old jewelry.

BEAUTY SALONS/ HAIRDRESSER’S

- “Professional Beauty Salon” - 37/1 Bokhtar Street (Vefa Center). Tel: 701-7273. Open: Tue – Sun 9 am – 5 pm. Wide range of services for men and women: haircuts, manicure, pedicure, facials, massage, waxing, ect.
- “Spa Salon” – 21 Tursunzade St. (Asia Grand Hotel). Tel: 600-3005. Open: Mon – Fr 10 am. – 7 pm. Wide range of services for men and women: haircuts, manicure, pedicure, facials, massage, waxing, ect.
- Avesto Hotel - 105/1 Rudaki Ave. Tel: 600-7302. Haircuts for men.
- Beauty Salon at the Hyatt Hotel – 26/1 Somoni Ave, tel.: 43 377 1234, haircuts for women and men, coloring, manicure, pedicure, eye brow styling.
- Salon “Shabnam” – 66 Rudaki Ave. (across TSUM) Tel: 221-7751.

CATERING SERVICES

- Embassy cafeteria
- La Grande Dame – corner Bukhoro and Shevchenko St. Tel: 227 6274; 93 501-0089.
- Morning Star Café – 47 Naberezhnaya St. Tel: 224 9464; 91 855-3857.
- Anahita – 10 Sherozi Str. tel: 37 880 2604, 934 101 209

CLOTHING

- “Sadbarg” an indoor market in a high rise building opposite the National Museum (State Regional Museum – K. Behzod) on the intersection between Rudaki Ave. and Aini St. Clothes, shoes, as well as fabric. The third and fourth floors have several tailoring workshops.
- “Rakhsh” on Rudaki Ave. across from Barakat market.
- “Pierre Cardin” on the corner of Rudaki Ave. and Somoni Ave.
- “Reebok” on Somoni Ave. next door to Pierre Cardin store.
- “Adidas” on Rudaki Ave. just before TSUM
- “Koton-Club” on Rudaki Ave. just before TSUM, next door to Adidas.
- “Ganjina” (Sahovat Market) and Korvon Market sell cheap clothing.

COMPUTER STORES

- “Sinon” - 93 Rudaki Ave (cross the street from Teahouse Rohat). Tel: 701-4444
- “Master” – 1/3 Chehov St. (next to Volna store, behind Opera & Ballet Theater on the way to Green market). Tel: 600-7895

DRY CLEANERS

- Dry Cleaner – 76 Rudaki Ave. across the street from TSUM, on the side of Mayakovski Theatre (same building)
- Dry Cleaner – 18 Khuseynzade St. (next to Paykar supermarket).
Open: Mon – Fr 8 am – 5 pm; Sat 8 am – 4 pm.
- White and Dry – Rudaki Ave across the street from Rohat Tea House.

ELECTRONICS

- “Sinon” (aka Partner) - 93 Rudaki Ave (across the street from Teahouse Rohat). Tel: 701-4444
- “Volna” (LG store) – 1/1 Chehov St. Electronic goods, small appliances, stereos, and DVD/VHS players. Tel: 600-7884; 600-7885.
- “Technosila” – 5 Donish St. (1 bus stop from the airport). Tel: 601-0000. Open: Mon – Sat 8 am – 7 pm; Sun 8 am – 5 pm.
- “Samsung” – same building as “Orima” on right side of Somoni Avenue just before the second traffic circle on the way to the Embassy.

FABRIC STORES

- “Sadbarg” an indoor market in a high rise building opposite the National Museum (State Regional Museum – K. Behzod) on the intersection between Rudaki Ave. and Aini St. The third and fourth floors have several tailoring workshops.
- “Korvon” Market
- “Ganjina” (Sahovat Market)

FILM DEVELOPMENT

- Several stores along Rudaki Ave., close to the central store TSUM and on the third floor of TSUM

FLOWERS/PLANTS

- Passage way under Rudaki at TSUM.
- “Sitora” – 50 Bukhoro St. (next to big Orima supermarket). Tel: 221-6522.

HOUSEHOLD GOODS

- Sultoni Kabir market - This is the market to go to for household items, machine made inexpensive rugs, dishes, etc.
- TSUM department store – 83 Rudaki Ave. TSUM “department store” is made up of many shops. There are several shops selling handicrafts, embroidered hats and cloaks, Tajik silk scarves and dresses, pottery, figurines, and Persian style elaborately decorated curved knives. Other shops sell household goods and some furniture.
- “Tehnosila” – 5 Donish St. (1 bus stop from the airport). Tel: 601-0000.

GROCERY

(The map given by the CLO marks all the grocery stores listed below.)

There are several small grocery stores in town that carry a small selection of imported products, including frozen chicken breasts, frozen broccoli, peas, and corn; as well as dried pasta, cereals, and various condiments. Selection is routinely hit or miss. Stock is unreliable and changes from week to week. Local stores carry soft drinks, alcoholic drinks (vodkas of all kinds, and semi-sweet champagnes and cognacs are most popular), and a number of stores carry imported delicacies, such as chocolate, cheese, butter, and sausage. Some French, Moldovan, and Georgian wines are available, but they tend to be relatively expensive for the quality.

Supermarkets:

- Arbat – a supermarket, which sometimes has the items that are not in stock at Orima or Paikar. You will see it on your way to the Embassy on the right side of Somoni Avenue.
- Orima – a supermarket chain that has several stores in the city. Look for the yellow Orima signs with red background.
- Paikar – a single store carrying similar items as Orima. A good place to buy your meat/ cheese and milk products.
- Poitakht – the biggest supermarket in town on Tursunzadeh Str., has a good variety of drinks, cheese, meat, condiments, cleaning products, dairy products etc.
- Vakhdat – next to Merve café on Rudaki
- Tim – a single store located on Somoni Avenue, just off Rudaki Avenue, open 24/7.

All the supermarkets occasionally have special discount cards that you can get by purchasing goods and exceeding specific cash amount (ask cashier for more details).

Wholesale places: first floor of “Sadbarg” (an indoor market in a high rise building opposite the National Museum (State Regional Museum – K. Behzod) on the intersection between Rudaki Ave. and Aini St.) and little shops along the street all the way from Sadbarg to the train station that sell goods by case.

Markets/Bazaars:

- Green Bazaar – it is the largest fresh produce market in the city. Extremely crowded on the weekends and watch out for vendors trying to sell you spoiled produce. Always insist on picking the produce yourself. Seasonal fruits and vegetables, meat, poultry, fish.
- Barakat – fresh produce market behind the TSUM (Central Store). Selection is smaller than at the Green Bazaar, but the quality is just as good. Seasonal fruits and vegetables, meat, poultry, fish.
- Neighborhood markets – there are several smaller markets sprinkled around the city.

JEWELRY

- “Modigliani” Art Salon – 4A Chekov St. (close to the Opera House on the way to Green market).
- “Mir Samocvetov” – 32 Shotemur St.
- “Gold” – Corner of Rudaki Ave. and Fatekh Niyazi St. (cross the street from TSUM)
- “Tajik Kristall” – 32 Aini St. Tel: 227-6563 (by Sadbarg shopping center)

OFFICE SUPPLIES

- “Kaynak” – 95 Rudaki Ave. (Across the street from Rohat Restaurant). Tel: 224-1033; 224-4016.
- “Office Krause” – 21 Bokhtar St. (Next to Vefa Center and Gurminj Museum). Tel: 227-7886.

SHOE REPAIR

- “Express” – 89 Rudaki Ave.(intersection of Rudaki and Somoni Ave.) Open: 8 am – 6 pm.

SPA

- Cosmetology Clinic – 4 Somoni Ave. Tel: 224-5764. Open: Mon - Sat 8 am – 5 pm. Facials, waxing, etc.
- “Jasmine” – 13/23 Tursunzade St. Tel: 227-0574; 227-0573.
Open: Mon – Sat 9 am – 5 pm. Facials, massage, waxing, etc.
- Cosmetic Waxing, Alla – 935002074, Pharmacy #1 next to Tim supermarket on Somoni Ave.

SOUVENIR & HANDICRAFT SHOPS

- “Modigliani” Art Salon - 4A Chekhov St. (opposite the LG store “Volna”, behind the Opera House).
Tel: 227-0474. Open: Mon – Fr 10 am – 5 pm; Sat 10 am – 4 pm.

Paintings, embroidered items, silver jewelry, silk scarves, painted boxes, figurines, and all types of handicraft items. The back room has a good selection of paintings.

- “Mir Samocvetov”/“World of Semi-Precious Stones” (aka the Rock Shop) – 32 Shotemur Street.
Open: Mon – Fr 9 am – 6 pm.

All kinds of things made of various colors of granite: jewelry, small & large containers, vases, jewelry, artwork, etc.

- “Silk Road” - 32 Shotemur St., next door to Mir Samocvetov. Tel: 227-4305.
Open: Mon –Fr 9 am – 6 pm.

Items made with semi-precious stones of the region, folk art of craftsmen of the mountainous regions, and handicrafts from all over Central Asia.

- TSUM store – 83 Rudaki Ave. Open: Mon – Sat
TSUM “department store” is made up of many shops. There are several shops selling handicrafts, embroidered hats and cloaks, Tajik silk scarves and dresses, pottery, figurines, and Persian style elaborately decorated curved knives.

- “Tillo Teppe” - 22, Mirzo Rizo St. (Bactria Cultural Centre). Tel: 221-8134; 227-03-69.
Open: Mon—Fri 9 am – 6 pm.

In “Tillo Teppe” you can buy high quality of weaving, embroidery, felt and knitted carpets, handbags, wall hangings and publications including: albums of National Museum of Antiquities of Tajikistan, Pamirs Tourist maps, book “Legends of Sarykol”

- “Gallery” - 84 Rudaki Ave. (Rohat Teahouse). Tel: 221-9372.
Open: Mon – Sat 10 am – 6 pm.
- Jalol Ismatov – 118 Mushfiqi St. 32. Tel: 233-1248; 93 504-4945. Rugs from Afghanistan, Iran and Turkey, silver jewelry.
- CLO Office – Small selection of handicrafts and art works sold by AEA displayed in CLO office.

VIDEOS/DVD

- CLO office has some VHS and DVD movies you can borrow to watch.
- There are several DVD selling stores along the Rudaki Avenue.

RESTAURANTS

EUROPIAN RESTAURANTS

MORNING STAR CAFÉ – American Sandwiches

A little bit of America. Small Café to sit in or for take away. Sandwiches, croissants, quiches, great brownies, cookies, apple pies, English scones and muffins. Good variety of coffees (also Starbuck coffee). On Saturday a Brunch menu is served with waffles and pancakes. Wireless internet is available for the customers. English Menu and English speaking Staff

Web site: www.morningstarcafe.net.

Open: Mon – Sat 8 am – 5 pm. Address: 47 Naberezhnaya St. Tel: 228-9464; 91 855-3857.

LA GRANDE DAME – European Cuisine

Good but limited menu (this is not a place to eat every day), more expensive than other places but not expensive relative to European prices. Good steaks, soups and deserts, but portions are very small. They sell the best coffee in town and a good weekend brunch menu. Wireless internet is available for the customers. English Menu and English speaking Staff. Home delivery and phone orders.

Web site: www.lagrandedamecafe.com.

Open: Mon – Sun 8 am – 10 pm. Address: Corner of Bukhoro and Shevchenko Streets. Tel: 93 501-0089.

TRAKTIR – Slavic Cuisine

Excellent food, nice atmosphere, good service with English-speaking waiters and English menu. One of the few restaurants that serve pork.

Open: Mon – Sun 11 am – 12 pm. Address: 4 Tursunzade St. Tel: 600-8888.

CAFÉ-BAR SEGAFREDO ZANETTI ESPRESSO - Italian coffee shop

Good selection of coffee, pastries (delicious cheesecakes), sandwiches, steaks etc.

Very nice atmosphere and excellent service.

Open: Mon – Sun 9 am – 11 pm. Address: 70 Rudaki Ave. (across the street from TSUM). Tel.: 701-5777.

STEAK HOUSE – European Cuisine

Good steaks, but portions are small. Very nice design – wooden tables, bear fur etc. English menu and English Speaking Staff

Open: Mon – Sun 11am – 10 pm. Address: 1 Behzod St. Tel: 227-1151.

LE CLUB ("Domino") European Cuisine

A favorite of our local staff, "Le Club," is located next to the park behind the Ballet and Opera Theater. They serve a reasonable facsimile of fried chicken, as well as the usual fare. The service is pleasant and fast by local standards. It's often rented out for private parties during the evening, so it's important to book in advance. Diners should be warned that Le Club has a karaoke system. Depending on the amount of alcohol consumed by other diners, the noise level can be overwhelming.

Address: 1 Bekhzod St.

ESPRESSO CAFÉ

Salads, pastries, cakes, good coffee, tea, cocktails. During the colder months they serve gluhwein (mulled wine) and on hot summer days delicious ice tea with fruits. Could be a great place to stop after your visit to Antiquity Museum.

Open: Mon – Sat 9 am – 12 pm; Sun 10 am – 12 pm. Address: Rajabovs St. (Across the street from the Opera and Ballet square, on the way to the Antiquities Museum)

KELLERS – European and Chinese Cuisine

English Menu

Open: Mon – Sun 11 am – 11 pm. Address: 6 Somoni Ave. Tel: 224-7921.

PRAGA

Serves Czech and European dishes. English menu.

Open: Mon – Sun 11 am – 11 pm. Address: 2 Bokhtar St. Tel: 221-7900.

OLD BRITANIYA – Karaoke Bar

Drinks only.

Open: Mon – Sun 6 pm – 4 am. Address: 21/A Tursunzade St. (Asia Grand Hotel) Tel: 91 887-8687.

IRISH PUB - Irish Cuisine

Offers drinks, almost no food. English Menu

Address: 21 Bohtar Street (crossroad near the Iranian Embassy, Agrili or Erich Krause).

TAJIK RESTAURANTS**ROHAT Tea House - Tajik Cuisine**

Very popular with locals. Serves Tajik food, such as kebab, grilled chicken, lagman and fresh tandoori bread (naan). Stay away from the fries, cooked in cotton oil! Avoid the salads. The ceilings are all hand-painted in minute floral detail with a clear Persian influence, with fine wood carved doors and pillars.

Open: Mon - Sun 7 am - 11 pm. Address: 84 Rudaki Ave. Tel: 221-7654; 224-6254.

PAMIR - Tajik/European Cuisine

English menu.

Open: Mon - Sun 11 am - 11 pm. Address: 4 Tursunzade St. (Opera & Ballet Square). Tel.: 95 182-5441.

ARABIC & TURKISH**AL-SHAM - Arabic Cuisine**

It is a lovely romantic and cozy restaurant with a good atmosphere, offering good quality Lebanese food flavored with Tahini imported from Dubai; very nice starters like tabhouly, humus, muttabal, different kind of kebabs. Belly dancers' performance Tue - Sat evenings after 7 pm. English menu.

Open: Mon - Sun 11 am - 11 pm. Address: 11 Academician Rajabovs St. Tel: 227-12-00; 227-20-94.

MERVE - Turkish Cuisine

Pizzas, snacks, good Turkish kebabs, burgers, ice-cream and cakes. No alcohol. English menu

Open: Mon - Sun 10 am - 11 pm. Address: 47 Drujbi Narodov Ave. Tel: 221-80-02.

MERVE CAFÉ - Turkish Cuisine

Open: Mon - Sun 9 am - 10 pm. Address: 92 Rudaki Ave. Tel: 221-9409. English Menu

DBD - Iranian Cuisine

Very good Iranian and local food, excellent chicken and lamb kebabs. Music and dance in the evenings.

Open: Mon - Sun 9 am - 11 pm. Address: 22 Rudaki (Kohi Djami (on the left from the Somoni Statue) 3rd floor). Tel: 227-8926. English menu.

CHINESE RESTAURANTS**YANGZI JIANG - Chinese Cuisine**

Good authentic Chinese food, English menu.

Open: Mon - Sun 9 am - 9 pm. Address: 187 Rudaki Ave. (Varzob Market). Tel: 93 578-8860.

SHANGHAI - Chinese Cuisine

Open: Mon - Sun 10 am - 11 pm. Address: 12 Husenzadeh Str. (Paikar neighborhood). Tel.: 221-9888

INDIAN REASTAURANTS**DELHI DARBAR - Indian Cuisine**

For a refreshing change of pace from the standard Central Asian fare, Delhi Darbar has a wide range of Indian food, and they serve the drinks cold. It serves excellent, good value Thali, and holds an "all you can eat" buffet on Friday nights for 28 somoni per person. They rarely have everything listed on the menu, but that's ok because the menu is pretty extensive. If you don't like Bollywood movies as background music, ask for a private room. Popular among expats; you'll likely see someone you know. Menus are available in English and Russian, and the wait staff speaks English.

Open: Mon - Sun 10 am - 11 pm. Address: 88 Rudaki Ave. Tel: 224-6611; 221-8863 (Phone orders and home delivery are also possible).

ASHOKA - Indian Cuisine

Open: Mon - Sun 11 am - 11 pm. Address: 4 Shotemur St. Tel: 221-9534.

ANAHITA – Indian Cuisine

Great food, the same owner runs the Embassy cafeteria.

Address: 10 Hofizi Sherozi str. Tel.: 37 880 2604, 934 101 209 (Phone orders, take out and catering services provided)

FAST FOOD RESTAURANTS

CHIEF BURGER

Pizzas and hamburgers

Open: Mon – Sun 9 am – 11 pm. Address: 21 Tursunzade St. (Asia Grand Hotel) Tel: 91 875-2929; 90 791-4040; 91 844-4747 (Phone orders, home delivery)

SOUTHERN FRIED CHICKEN (SFC)

Open: Mon – Sun 7am – 11pm. Address: 30 Rudaki Ave. (Opera & Ballet Square)

VOLSHEBNIY SIR ("The Magic Cheese")

A pizza joint. Their pizzas should definitely be called "pies," since what would be the toppings are chopped up and put in as a sort of filling between the crust and cheese. Cheap, and quite good, although they don't have much sauce.

Open: Mon – Sun 8 am – 11 pm. Address: 67 Rudaki Ave. Tel: 224-4343 (Phone orders, home delivery)

MISTER FAST

English menu.

Open: Mon – Sun 7 am – 11 pm. Address: 6 Somoni Ave. (next door to supermarket Tim) Tel: 224-0297.

GEORGIAN RESTAURANTS

TIFLIS – Georgian Cuisine

Great Khachapuri (traditional Georgian cheese-filled bread)! Good salads and cold starters. English Menu

Open: Mon – Sat 12.00 – 23.00; Sun 15.00 – 24.00. Address: 2 Behzod St. Tel: 91 881-1040.

GENATZVALE - Georgian Cuisine

Excellent restaurants, live shows, singers and dancers, real Georgian food very tasty.

English / Russian menu

Open every day 12.00pm – 2.00am

Tel: 919-43-35-30, 378-80-9191

Address: PASULOVA ST. 10/2

GEORGIA CAFE – Georgian Cuisine

A pleasant little café with only 5 booth tables. Georgian style food, good omelettes, mushroom julienne, Turkish coffee. English Menu.

Open: Mon – Sun 11 am – 11 pm. Address: 27 Rudaki Ave. Tel: 227-8102.

OTHER RESTAURANTS

SALSA– Ecuadorian, South American and Italian food

Salads, soups, specialty dishes, pizzas, hummus, fajitas, pitta bread, good coffee, beer and spirits. Good ice cream, sundaes and banana splits. Alcohol is expensive. Through now locally run it was founded by an American-Ecuadorian couple who set high standards of hygiene and quality. English Menu and English speaking Staff

Open: Mon – Sun 12 noon – midnight. Address: 1 Karamova St. (corner with Omar Khayam), Tel: 224-8857.

RECOMMENDED READING

These titles are provided as a general indication of the material published on this country. The Department of State does not endorse unofficial publications.

Allworth, Edward. *Central Asia: 130 Years of Russian Dominance, A Historical Overview*. Duke University Press: 1994. ISBN 0822315548 and ISBN 0822315211 (paper).

Atkin, Muriel. *Tajikistan's Relations With Iran and Afghanistan*. National Council for Soviet and East European Research: (Washington, D.C.), 1992.

Banuazizi, Ali and Weiner, Myron. *The New Geopolitics of Central Asia and its Borderlands*. Indiana University Press: 1994. ISBN 0253209188.

Hopkirk, Peter. *The Great Game: The Struggle for Empire in Central Asia*. Kodansha International: 1992. ISBN 4770017030 and ISBN 1568360223 (per).

Hopkirk, Peter. *Setting the East Ablaze: On Secret Service in Bolshevik Asia*. Oxford University Press: 1984. ISBN 0192851667.

Lubin, Nancy. *Islam and Ethnic Identity in Central Asia: A View From Below*. National Council for Soviet and East European Research: (Washington, D.C.), 1994.

Mandelbaum, Michael. *Central Asia and the World. Council on Foreign Relations*, 1994. ISBN 0876091672.

Menon, Rajan. *Understanding Security in Post-Soviet Central Asia*. National Council for Soviet and East European Research (Washington, D.C.), 1994.

Mesbahi, Mohiaddin. *Central Asia and the Caucasus After the Soviet Union: Domestic and International Dynamics*. University of Florida: 1994. ISBN 0813013089.

Middleton, Robert and Thomas Huw. *Tajikistan and the High Pamirs*. Odyssey Books & Guides. ISBN 978-962-217-773-4

Minomov, G. Khaiclarov. *Tajikistan: Tragedy and Anguish of the Nation*. Linko: 1993.

Olcott, Martha Brill. *Asia's New States: Independence, Foreign Policy, and Regional Security*. U.S. Inst. of Peace Press: 1996. ISBN 1878379518.

Olcott, Martha Brill. *The Future of Fundamentalism in Central Asia*. National Council for Soviet and East European Research: Washington, D.C., 1994.

Rashid, Ahmed. *The Resurgence of Central Asia: Islam of Nationalism*. Zed Books: 1994. ISBN 1856491315.

Roy, Olivier. *The New Central Asia: The Creation of Nations*. New York University Press: 2000. ISBN 0814775551.

Thubron, Colin. *The Lost Heart of Asia*. Harper Collins: 1994. ISBN 0060182261.

Whitlock, Monica. *Land Beyond the River: The Untold Story of Central Asia*. Thomas Dunne Books: St. Martin's Press: 2002. ISBN 031227727X.

WEBSITES

Local Web Site: <http://www.tajik-gateway.org>

<http://www.timesca.com/> The Times of Central Asia - Central Asia News Online

<http://www.asiaplus.tj/en/> Asia Plus - Tajikistan news on-line and What's on in Dushanbe - weekly newsletter run by expats.

<http://avesta.tj/en/> Avesta - Tajikistan news on-line

<http://www.pamirs.org/> website dedicated to Pamirs - the mountainous area, a large part of which is located in Gorno-Badakhshan in Tajikistan, is one of the most inaccessible in the world. Helpful information on "getting there" and "getting around" together with description and pictures of some of the features of the region.

<http://tjus.org/> Embassy of Tajikistan to the United States of America